

- More than just providing something to do, public recreation can help develop a person physically and socially. A chief need of children, teen-agers, and adults is healthful physical activity. The heart and lungs are strengthened by proper exercise, and the large muscles of the body are developed. Physical activity and the quieter passive leisure pursuits can help provide a relief from tension and thus foster mental health.
- Providing safe, supervised play areas for children decreases accidents. Children are provided with an environment where they do not have to compete with automobiles for the only common open spaces available -- the streets.
- It is no secret that industrial management places a high priority on recreation facilities and opportunities when deciding where to locate new plants. Recreation helps to reduce absenteeism and labor turnover as well as facilitate recruitment. Industries are frequently the best supporters of recreation in a community once they establish themselves.
- Property values are increased by recreation areas that are properly landscaped, maintained, and operated. Many subdividers, recognizing this fact, are currently building into their plans provisions for excellent recreation facilities for their customers.

### Purpose

This report presents the findings and recommendations of a recreation study made in Albemarle. It takes into consideration general trends in recreation, local factors influencing demand, planning standards, existing areas and opportunities, and differences in the various areas in the City and their deficiencies.

The study is focused primarily on the area lying inside the corporate limits of Albemarle, but the development outside the City and adjacent to its boundaries has also been examined. Additionally, some attention has been given to the larger region within which Albemarle lies, and a survey has been made of the opportunities for city residents to seek recreation in this region. For study purposes, Stanly County has been chosen as the appropriate region.